

December 2014

HEALTH PROMOTION AND WELLNESS CLASSES



Nutrition and Weight Management

This class is for patients who are seeking basic nutrition and exercise information. This class is a pre requisite for the RMR test.

JBPHH MWR Fitness Center Classroom 2:

December 2 1000-1100

December 16 1300-1400

Camp Smith Fitness Gym:

December 4 1130-1230

**K-Bay Health Clinic Training Room 2nd Floor:
(TBA) 1030-1130**

****Call to reserve a spot****

Commissary Walkthrough

Join the Health Promotion team in a commissary walkthrough to guide you toward a healthier lifestyle by making better choices.

Pearl Harbor DECA Commissary

K Bay Commissary

****Call for more information and to sign up****

Healthy Heart

This class is designed for those patients who have a history of hyperlipidemia, hypertension or a family history of heart disease.

JBPHH MWR Fitness Center Classroom 2:

December 18 1000-1100

Tobacco Cessation

This program focuses on group support and behavior modification with adjunct aids using the American Cancer Society Fresh start program.

JBPHH MWR Fitness Center Classroom 2:

November 3, 10, 17, 24 1000-1100

Camp Smith Fitness Gym:

(TBA) 1000-1100

****Call to reserve a spot****

K-Bay Health Clinic Training Room 2nd Floor:

November 2, 9, 16, 23 1000-1100

Resting Metabolic Rate Test

Find out how many calories you can burn while at rest.

Patients **must attend the Nutrition and Weight Management class before scheduling.**

Sleep Better Now 2 PART CLASS

There's nothing like a good night's sleep to feel refreshed and focused the next day. Do something good for your body and mind and sign up today.

Makalapa Clinic Gold Team front desk:

Starts Monday December 8 1130 - 1230

To register call 473-1880 x 2224

Report to Gold Team desk on day of class

Service members, family members, retirees welcome

Take 20 Seconds to Relax

Take 30 minutes from your schedule and come learn techniques that will help you relax and take a breather from the hustle and bustle and calm in your heart and mind.

Makalapa Clinic Gold Team front desk:

Starts Tuesday December 9 1130-1200

To register call 473-1880 x 2224

Report to Gold Team desk on day of class

Service members, family members, retirees welcome

Recreation Therapy

A program that uses recreation and education services to help people with illness, disabilities and other conditions.

Aqua Therapy

Hickam Pool #2

Tuesdays and Thursdays 1200-1300

****Referral required****

Naval Health Clinic Hawaii Health Promotion

808-471-2280

schedule subject to change without notice, please check our official Facebook page:

Naval Health Clinic Hawaii